

Dementia eUpdate – March 2026



Figure 1 HS Lanarkshire Logo

Contents

Dementia	1
Nutrition	1
Cognitive Function	2
Medicines	3
Activity	4
Early Onset	5
End of Document	5

Dementia

Nutrition

1. Giada S, De RF, De RE, et al. [Composition of the Gut Microbiota in Older Adults Residing in a Nursing Home and Its Association with Dementia](#). *Nutrients*. 2026;18(3):505.
2. Lephart ED, Scott WK, Hedges DW. [Assessing the Roles of Aging, Estrogen, Nutrition, and Neuroinflammation in Women and Their Involvement in](#)

[Alzheimer's Disease—A Narrative Overview](#). *International Journal of Molecular Sciences*. 2026;27(3):1239.

3. Morgan M, Lopez Rodriguez Z, Hartman RE. [Polyphenol diet and exercise as neuroprotective factors in a Drosophila model of Alzheimer's disease](#). *Animal Models and Experimental Medicine*. 2026;9(2):217-236.
4. Tadashi O, Yasuyuki T. [Association of Human Gut Microbiota with Alzheimer's Disease Pathogenesis: An Exploratory Clinical Study](#). *Brain Sciences*. 2026;16(2):242.
5. Wimo A, Cederholm T, Irving GF, et al. [Impact of an exercise and nutrition program on caregiver time with residents in institutional care—A secondary analysis](#). *Alzheimer's & Dementia*. 2026;22(2):11.

Cognitive Function

1. Abu-Amara H, Zhao W, Li Z, et al. [Indian-enriched genetic variants are associated with cognitive function](#). *Alzheimer's & Dementia*. 2026;22(2):16.
2. Cai Y, Snitz BE, Cohen AD. [Associations between accelerometer-derived physical activity complexity, cognitive function, and plasma biomarkers of Alzheimer's disease](#). *Alzheimer's & Dementia*. 2026;22(2):13.
3. Chen Y, Liu T, Chen L. [Relationship Between Dietary Choline Intake and Cognitive Function in the United States: A Cross-Sectional Study of the 2011–2014 NHANES Cycle](#). *Food Science & Nutrition*. 2026;14(3):16.
4. Dehghan A, Giugni FR, Bartholdy KV, et al. [Left ventricular remodeling and diastolic dysfunction predict cognitive decline in older adults](#). *Alzheimer's & Dementia*. 2026;22(2):13.
5. Demir İlker, Bilsev D. [Relationship Between Cognitive Function and Balance, Fatigue, and Physical Activity Levels in Patients with Liver Cirrhosis](#). *Healthcare*. 2026;14(5):643.
6. Gao Q, Sun Z, Wang Y. [Association of Urinary Perchlorate and Thiocyanate With Cognitive Function in Older Adults: A Cross-Sectional Study](#). *Health Science Reports*. 2026;9(3):7.

7. He L, Hyunkyun A, Minhye S. [Table Tennis as a Sustainable Health Intervention: A Meta-Analysis of Its Effects on Balance and Cognitive Functions](#). *Healthcare*. 2026;14(5):675.
8. Jang YJ, Chang JH, Moon DU, Jeon HJ. [Cognitive Impairment, Dementia and Depression in Older Adults](#). *Journal of Clinical Medicine*. 2026;15(3):1198.
9. Ko J, Noh Y, Koh S, et al. [Cognitive reserve and effects of air pollution mixture on cognitive function in dementia-free adults](#). *Psychol Med*. 2026;56:12.
10. Weigand AJ, Tsoy E, Atkins KJ, et al. [Classifying cognitive status with TabCAT Match and UDS executive function tests](#). *Alzheimer's & Dementia*. 2026;22(3):15.
11. Yu S, Fan Y, Bochao Y, et al. [The Muscle–Brain Axis in Aging: Mechanistic and Clinical Perspectives on Resistance Training and Cognitive Function](#). *Biology*. 2026;15(2):154.
12. Zhu H, Fu Q, Hu J, Wu Y, Min J. [Associations of Dietary Decanoic Acid Intake With Cognitive Function in the Elderly and the Mediating Effects of Hypertension and Diabetes: An Analysis From NHANES 2011–2014](#). *Brain and Behavior*. 2026;16(2):16.

Medicines

1. Biber S, Culhane JE, Prado MG, et al. [Integrating real-world data with gold-standard longitudinal clinical and genomic data to advance precision medicine for the Alzheimer's Disease Research Center Program and beyond: a proof-of-concept data platform](#). *Alzheimer's & Dementia*. 2026;22(3):17.
2. Giardina SF, Culver A, Ahmed C, et al. [From consortia discovery to biotech creation: An innovative approach to next-gen Alzheimer's drugs](#). *Alzheimer's & Dementia*. 2026;22(2):11.
3. Kumari K, Bai A, Geeta F, et al. [Risk of Dementia in Patients With Type 2 Diabetes Using SGLT2 Inhibitors Versus DPP-4 Inhibitors: A Systematic Review and Meta-Analysis](#). *Endocrinology, Diabetes & Metabolism*. 2026;9(2):11.
4. Lai Y, Her QL, Zhang Y, et al. [The heterogeneous treatment effects of statins on dementia: a target trial emulation with causal machine learning using integrated genetic and real-world data](#). *Alzheimer's & Dementia*. 2026;22(2):16.

5. Le H, Vu Giang T. T., Amos A, Adeboye A. [Recent Advances in Nanoparticle-Based Drug Delivery Strategies to Cross the Blood–Brain Barrier in Targeted Treatment of Alzheimer’s Disease](#). *Pharmaceutics*. 2026;18(2):192.

Activity

1. Ariyath A, Mputhia Z, Dougherty C, et al. [Regulation of autophagy-mediated pathways by diet, physical activity, and sleep in Alzheimer's disease](#). *Alzheimer's & Dementia*. 2026;22(2):30.
2. Cai Y, Snitz BE, Cohen AD. [Associations between accelerometer-derived physical activity complexity, cognitive function, and plasma biomarkers of Alzheimer's disease](#). *Alzheimer's & Dementia*. 2026;22(2):13.
3. Chun-Wei L, Ng Tsz-Ching, Yi-Chen C, Chun-Hsien S. [Exercise Interventions for Cognitive and Functional Outcomes in Dementia: A Systematic Review and Meta-Analysis Exploring Dose Metrics, Heterogeneity, and Implementation-Relevant Factors](#). *Healthcare*. 2026;14(5):689.
4. Hansmann KJ, D'Alesio M, Fields B, Holcomb C, Tran G, McDonald AD. [Dementia and driving: A scoping review of family caregiver involvement in driving cessation research](#). *Alzheimer's & Dementia*. 2026;22(3):15.
5. Jessica M.V. McMaster, Gellersen HM, Korkki SM, Simons JS. [The impact of lifestyle restrictions on memory in older adults](#). *PLoS One*. 2026;21(2):25.
6. Keleman AA, Li M, Wisch JK, et al. [Falls predict faster progression to Alzheimer's dementia](#). *Alzheimer's & Dementia*. 2026;22(2):10.
7. Li J, Xue H, Leng Y, et al. [Television and computer use and dementia risk in older adults with limited leisure or social activities: A prospective cohort study](#). *Alzheimer's & Dementia*. 2026;22(3):14.
8. María del Rosario Ferreira-Sánchez, García-Macías C, Alarcón-Jiménez J, et al. [Immediate and Long-Term Effectiveness of a Therapeutic Exercise Protocol in Patients with Dementia](#). *Journal of Clinical Medicine*. 2026;15(4):1482.
9. Morgan M, Lopez Rodriguez Z, Hartman RE. [Polyphenol diet and exercise as neuroprotective factors in a Drosophila model of Alzheimer's disease](#). *Animal Models and Experimental Medicine*. 2026;9(2):217-236.

10. Slade B, Williams B, Romy E, Woods W, Sunil B, Ciorciari J. [Can Music Therapy Improve Cognition in Dementia as Measured with Magnetoencephalography: A Hypothesis Study](#). *Biomedicines*. 2026;14(2):452.
11. Wimo A, Cederholm T, Irving GF, et al. [Impact of an exercise and nutrition program on caregiver time with residents in institutional care—A secondary analysis](#). *Alzheimer's & Dementia*. 2026;22(2):11.
12. Zhou Z, Yu X, Tian E, et al. [Aerobic Exercise Promotes Hippocampal Neurogenesis and Ameliorates Cognitive Dysfunction Induced by Unilateral Labyrinthectomy](#). *CNS Neuroscience & Therapeutics*. 2026;32(2):21.

Early Onset

1. Hammers DB, Eloyan A, Thangarajah M, et al. [Relationship between age and severity of cognitive impairment at diagnosis for early-onset and late-onset Alzheimer's disease: Comparison of LEADS and ADNI](#). *Alzheimer's & Dementia*. 2026;22(2):15.
2. Li Y, La JO, Naj A, Martin ER. [Leveraging genetic propensity to identify modifiable factors for the age at onset of Alzheimer's disease](#). *Alzheimer's & Dementia*. 2026;22(2):13.
3. Roa-Bruzón IY, Gazcón-Rivas CP, Garibaldi-Ríos AF, et al. [Distinct Regulatory Genomic Architectures Distinguish Early-Onset from Late-Onset Alzheimer's Disease](#). *Genes*. 2026;17(2):186.
4. Wilson E, Killick C, Harvey M, Kirk C. [Young Onset Dementia – Peer Research Exploring the Insights of Informal Carers](#). *Practice*. 2026;38(1):3-17.
5. Xicota L, Cheng R, Andersen SL, et al. [RBFox1 association with age at onset of Alzheimer's disease](#). *Alzheimer's & Dementia*. 2026;22(2):13.

End of Document

